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Frank

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(54) **EXERCISE TREADMILL**

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See application file for complete search history.

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(57) **ABSTRACT**

An exercise treadmill is disclosed. The treadmill can be constructed with no obstructing front rails, with one or more side rails, and/or with a structural flat or ramped surface at the front allowing the user to exercise with unconstrained motion. The treadmill can further include one or more accommodations to help the user stay safe, remain longitudinally centered, and/or adjust speed with controls built into the treadmill, or automatically based on body position relative to sensors built into the side rails. The treadmill belt may be motor driven, or be user driven and dynamically moderated by resistance. The treadmill configuration can be utilized to provide a virtualized exercise experience for the user.

27 Claims, 12 Drawing Sheets